

CLAIMS

1. A beverage characterized in containing bamboo extract as a main ingredient obtained through the process comprising the steps of immersing bamboo in water and extracting the bamboo extract with heating the water to 95°C or higher and maintaining the temperature for a period of 2 hr 45 min to 3 hr 15 min.
2. A beverage according to claim 1, wherein the bamboo is *Phyllostachys heterocycla*.
3. A beverage containing as a main ingredient bamboo extract obtained through the process comprising the steps of immersing bamboo in water and extracting the bamboo extract with heating the water to 95°C or higher and maintaining the temperature for a period of 2 hr 45 min to 3 hr 15 min, wherein the beverage is mixed with either herbs or spices or both.
4. A beverage according to claim 3, wherein the bamboo is *Phyllostachys heterocycla*.
5. A medicament characterized in mixed sodium hyaluronate with bamboo extract obtained through the process comprising the steps by immersing bamboo in water and extracting the bamboo extracts with heating the water to 95°C or higher and maintaining the temperature for a period of 2 hr 45 min to 3 hr 15 min.

6. A medicament according to claim 5 wherein the bamboo is  
*Phyllostachys heterocycla*.